

# THE THREE LITTLE YOGIS

## AND THE WOLF WHO LOST HIS BREATH



*A Fairy Tale to Help You Feel Better*

words by *New York Times*  
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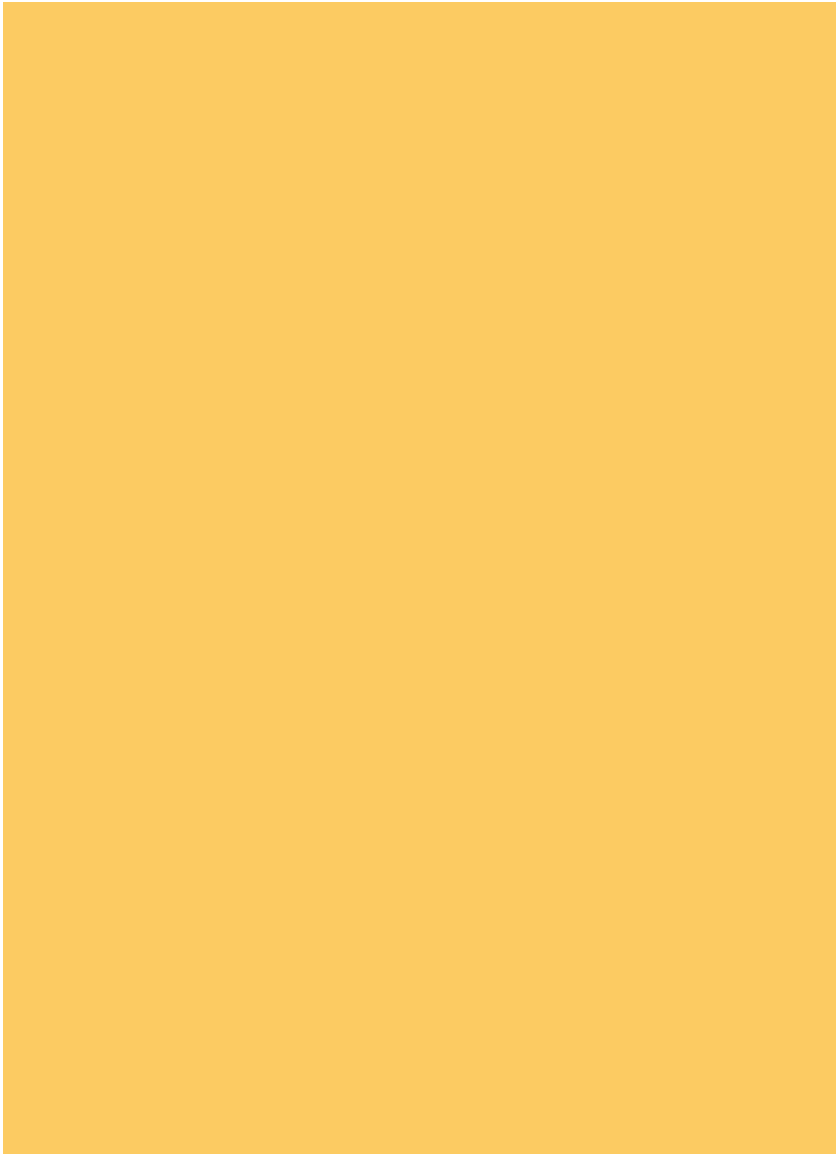
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Help You Feel Better

written by

Rosam Verdo

pictures by

Jay Flock

Advanced Books for Young Readers • New York

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one upon a time,

there was a wolf

who lost his huff



and his puff.



As you might imagine,

this was a problem for the wolf...

a BIG BAD

problem.



You see, sometimes the wolf felt angry

(which happens to everyone from time to time).

There were many reasons he felt that way.

Sometimes he felt

angry when he had

to share ...



when he was worried ...



or when he was hungry





What he did know was that when he

was angry, the only thing that seemed

to be

He blew down fences and houses

But the wolf never actually felt much better after huffing and puffing.

In fact, when he saw how frightened the

rest of the town looked after he blew

something down, he felt even worse.



But he just didn't know

what else to do.

One morning, when the wolf wanted to blow off

some steam, he came upon a little yogi doing

sun salutations by her straw hut, stretching her

arms to the sky to greet the new day.





The wolf saw how peaceful the little pig looked

but he didn't feel peaceful at all.

So, the wolf opened his mouth wide

and tried to blow.



He tried on big things and small things

on heavy things and light things,

but nothing happened.



Instead, all that came out was a

whoosh and a cough!

The little yogi heard the wolf sneezing and ran over to

help him. She didn't appear to be afraid of him at all.

"Wolf, take a slow, deep breath," the yogi said.

"I... I... can't," said the breathless wolf. "I lost my huff

and puff!"





"Let's meditate on that," the yogi said.

"Maybe you need to practice some belly breathing."

Close your eyes and place your paws on your belly.

Now breathe in through your snout,

and feel your belly and your paws rise.



Now breathe out, and feel your belly and your paws lower.

Let's keep going, nice and slow."



his breath became

slower and deeper.

But just when he started to feel calmer...



he remembered his lost huff and puff,

and he started to feel angry again.

He jumped up and tried to blow down the yogi's straw hut.

No luck!



To the wolf's surprise, the little yogi didn't

run away. Instead she said, "I have an

idea." She took the wolf by the paw.

Soon they came upon the wooden house of a second little yogi

who was in the middle of his afternoon yoga flow.



They watched him giggle and wiggle his tail in the air

as he stretched in downward dog



and then lengthen his body into a powerful plank

as straight as the wooden beams in his house.



While the first little yogi explained the situation, the wolf

could feel himself getting frustrated and tense again.

His paws curled and his body stiffened.

He opened his mouth wide and he tried to blow down the

second yogi's wooden house—but again he only wheezed

and coughed.

"I lost my huff and puff," he said.



"Let's meditate on that," said the second yogi.

"Sit down in *butterfly pose*."

He showed the wolf how to bend his knees and

place the soles of his paws together.



"Maybe you need to practice some *nostril breath*."

Close your eyes and open your mouth.

Stick out your tongue and slowly lift it.

Feel the cool air enter your nostril and your body.

Now close your mouth and breathe out through your nostril.

Keep going, nice and slow."



The wolf started to cool down in his body and his mind.

But just when he started to feel calmer...





he remembered his lost huff and puff.

and he started to feel angry again.

He jumped up and tried to blow down

the yogi's wooden house.

No luck!





Again, to the wolf's surprise, instead of running

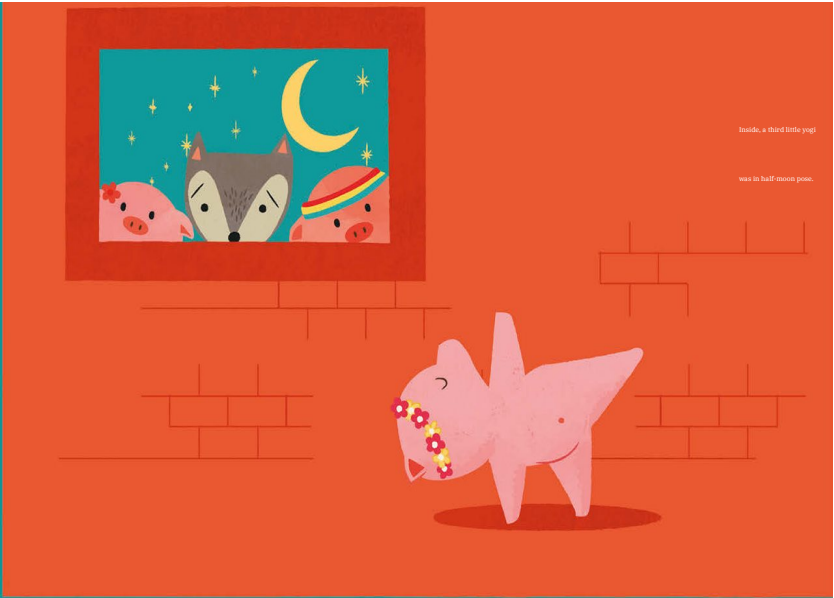
away the second yogi said, "I know where we

should go."

The two little yogis took the wolf pawes in hooves

and walked with him under the setting sun.





Inside, a third little yogi

was in half moon pose.



They came outside and noticed the exhausted wolf.

"What's wrong?" they asked.

The wolf was startled, no one

"I want to blow everything down, but I have lost my puff and poof."

the wolf answered, breathlessly.

" Why do you want to blow everything down?" the third yogi asked.



"Only for a moment. I blow everything away, but then everyone

runs away from me, too. I don't like that others are frightened of

me. But without my huff and puff, I don't know what else I can do."



"Let's meditate on that," the third little yogi said.

"Maybe you just need to practice some supported breathing."

Hit down with your back pressed up against mine.

Close your eyes and notice the air moving in your back.

Can you feel it filling up my back, too?

Now breathe in and out through your snout.

Try to match the pace of my breathing."



Beneath the shimmering moonlight, the wolf and the yoga

practiced breathing together back-to-back, nice and slow.







until at last, they all settled down for savasana.

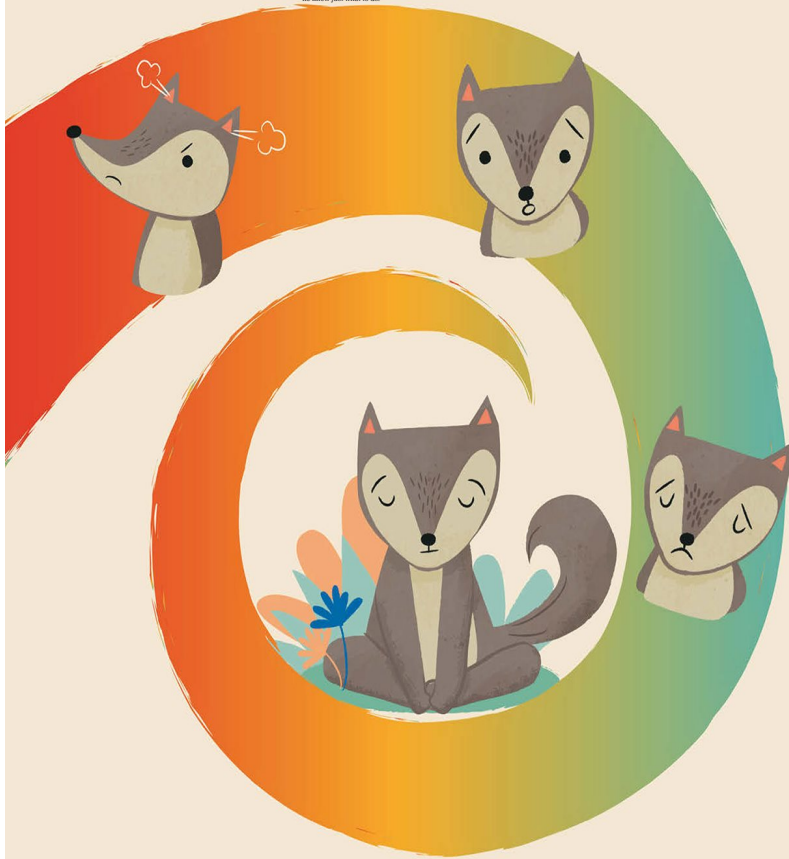


From then on, when the wolf felt angry--

or sad or scared or worried

(which happens to everyone from time to time)--

he knew just what to do.





"I may have lost my huff and my puff,"

the wolf said, "but I have found my breath."

Author's Note

Just like the wolf, we all feel like huffing and puffing from time to time. Reminds the body often breaths the  
willpower were able to help him calm down and feel better. If I'd ever had the you need to huff and  
puff control you can breathe and you just like the first little puff and the wolf. Try the exercise found  
in the story as well as the ones you follow!

**Tip Tip** When doing these exercises, remember to always breathe in through your nose to avoid hot  
breath affecting why your body is calm down. And make sure you give yourself enough time to rest  
between to feel better and more peaceful.



**Belly Breathe** Lying on your back with your belly relaxed like a cat, imagine you are lying on your belly.  
As you breathe in through your nose, feel your belly fill with air, making your head rise. When you breathe  
out, feel your belly lower. This can help you relax and feel calm, especially if you are giving  
them a relaxing ride as your belly rises and falls.



**Breathes the Breath** With your eyes closed and your  
hands resting on your knees, breathe in slowly through your  
nose, and as you breathe out, make a humming or hooting  
noise. This will help relax you in your life and breath, which  
can help you breathe.

Breathing Exercise



**Whole Breath** Take a whole breath in, deep breath in through  
your nose and hold it for a moment. Then breathe out slowly  
and through your mouth in a hoot.



Press

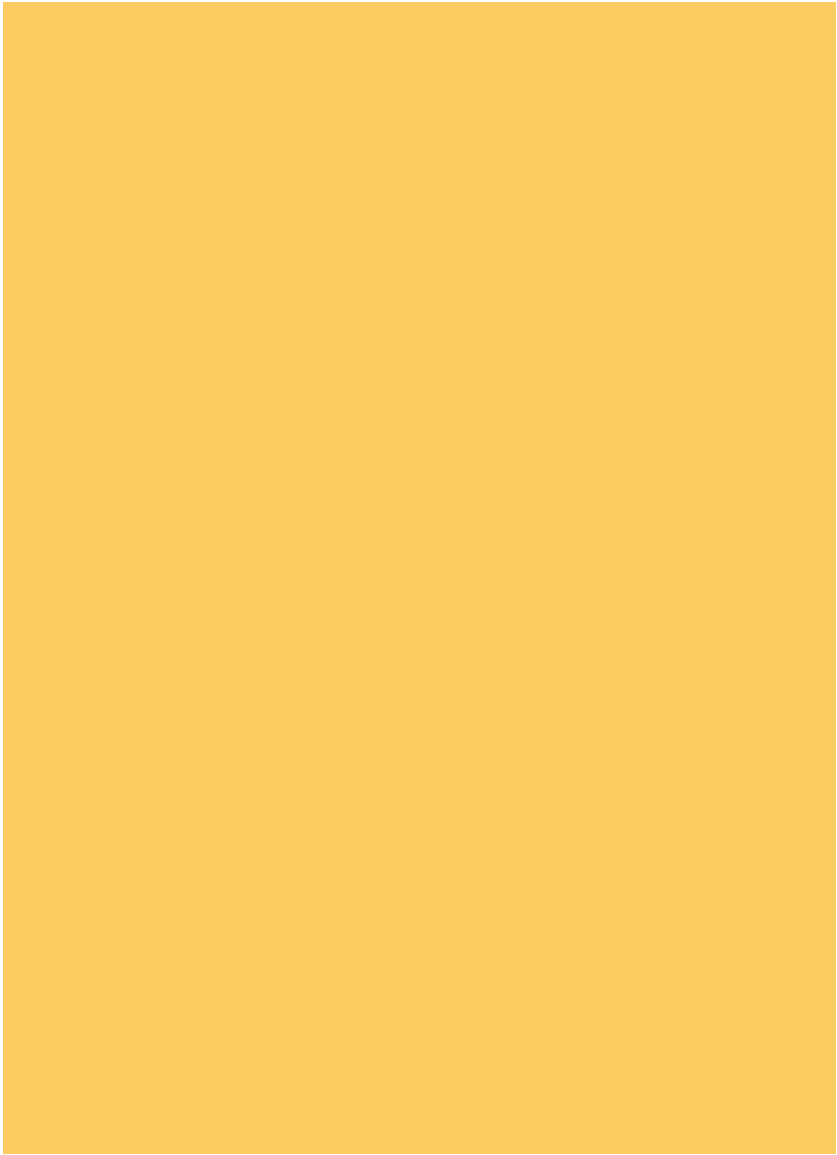
**Butterfly Press** Lie on your back with your knees bent  
and the soles of your feet together. Imagine you are a butterfly  
butterfly. Now bend knees and bring them together. This can help  
breathe a very gentle breeze and show you how to breathe and  
what you might use if you want to breathe by breathing in the air.



**Whole Press** Breathe up on your back, with your feet together and your knees bent.

As you breathe in, your back and head forward and your feet back towards the ground.  
Let your arms rest by your sides or stretch them out long. If you want, let all the  
top back on your back, put a pillow or cushion under your forehead to help. When  
something comes against your forehead, let the ground or pillow your  
body relax right away.

**Remember** The wolf and the three little pigs want to make sure you practice  
remember whenever you are frustrated with your other morning and breathing  
remember the most important part of this is always relaxing for your back  
and imagine your whole body getting soft and opening up. If you are working hard  
work hard. Let all of your worries float away as you give breaths in through your  
nose and to the back. This can help your spirit and most your breaths as you can open  
your eyes and look up at the sparkling stars like the wolf and the three little pigs.











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